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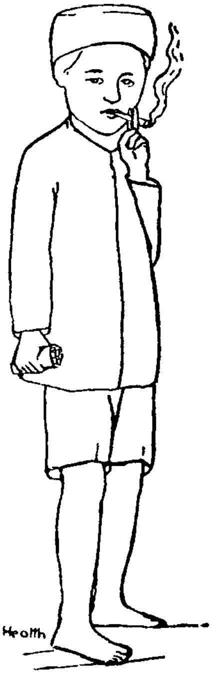
Editorial

The Tobacco Tax in Madras—A Purely Health Measure

YET another health measure has recently been passed by the Madras Legislative Assembly, which will certainly go to improve the health of the people of this Province —we mean the tax on Tobacco. Though ostensibly it is a Revenue Bill, in reality it is a health measure, for by taxing and licensing tobacco, its use is restricted and the danger resulting therefrom is minimized. Next to alcohol, tobacco is considered to be the worst poison, and a regular Anti-tobacco campaign has been started in all civilized countries of the world where tobacco is being extensively used both by men and women in the form of cigars and cigarettes and special mention must be made here of *Good Health* U.S.A. and its distinguished editor, Dr. John Harvey Kellogg. Tobacco contains a poison called Nicotine, two drops of which are sure to kill a man. "Notwithstanding this very

Nicotine captivates and ultimately kills the smoker.

definite evidence of the toxic character of tobacco, millions of men and recently thousands of women have endeavoured to make themselves believe that tobacco is harmless or at least that it never does any harm except when taken in enormous dose and so stupidly acquire the noisome practice of filling their lungs with the fumes of this baneful drug, which contains 1½ per cent to 10% of one of the deadliest poisons known". Dr. Pearl of America has made researches on tobacco smokers and found that "tobacco in all doses, small as well as large, is a killer". Tobacco smokers are rewarded with various diseases, such as, Cancer of the mouth, Gastric, Heart and Nervous affections. How tobacco kills a person is best described in these lines:—"Smokers do not all drop dead around the cigar lights in tobacco stores. They go away and years later die of something else. The victims do not die on the premises. They go away and when they die, the doctors certify that they died of something else-pneumonia, heart disease, typhoid fever or what not. In other words, tobacco kills *indirectly* and escapes the blame." Tobacco causes race degeneracy which is a far more serious affair than causing death. Cigarette addiction by parents makes its impress upon their offspring. In the past, women have been conservers of the race, because they never smoked. But now that women also have come to indulge in smoking, it may be said that humanity is riding for a fall. We are not exaggerating things nor are we putting forth an alarmist's view about tobacco. Here are some of the findings of scientists and others whose verdict on tobacco ought to put us on guard and wean us from chewing and smoking:—



Juvenile smoking must be prevented by suitable legislation.

1. "The young woman who is a confirmed cigarette addict has no moral right to assume the sacred responsibility of motherhood. The infant conceived and born is certain to be defective"—Daniel H. Kress, M.D.,

2. "The women working in the tobacco factories in Vienna seldom have children"—Dr. Hofstatter of Vienna.

3. "I am very sure that tobacco smoking among women has a very harmful effect upon the children they bear. Smoking mothers rarely have milk for their babies and if they do, it contains nicotine, which poisons the baby from birth".

4. "Smoking lowers self-control by at least one fourth and therefore predisposes to crime of all kinds. Smoking tobacco leads to drinking in many cases and to greater or lesser extent neglect of all religious responsibilities"—A Leading Obstetrician of the U. S. A. of 50 years' experience.

5. "Women voluntarily degenerate through alcohol and tobacco. They become easily tired, extremely selfish without intellectual acuteness, moral sense and nervous resistance"—Dr. Alexis Carrel.

6. "The cigarette habit is one of the worst habits a man or a boy can fall into. It has a dangerous effect upon the constitution and will eventually bring a man into declining health"—Mr. Hugh Jennings, Manager of the Detroit American League Baseball Club.

Such is world opinion to-day about Tobacco. Tobacco is taxed in almost all countries but is considered more as a source of revenue than as a preventive. In India, while the Provincial Governments are trying to drive the demon of drink away bag and baggage, they must not have a soft corner for tobacco. The smoking and chewing habits must be put a stop to with a high hand, if the nation should prosper and be strong and healthy. But, total prohibition of tobacco is an utter impossibility under existing circumstances and more educative propaganda is needed before one can bring home to the masses the destructive effects of tobacco. We hope such propaganda will be undertaken sooner or later, the sooner the better. Meanwhile, we heartily approve of this taxing and licensing of tobacco, which may reduce consumption and thereby improve the health of the people.

THE HEALTHY INFANT

BY NANIGOPAL DEBDAS, M.B.,

Chittaranjan Sishu Sadan (Children's Hospital), Calcutta.

When I say that it is your heart's desire to be mothers of children who are not merely lovely but fit both mentally and physically, I only voice a truth which is not only dear but also sacred. How happy must be the parents whose offsprings enhance the glory of the family, the race and the nation!

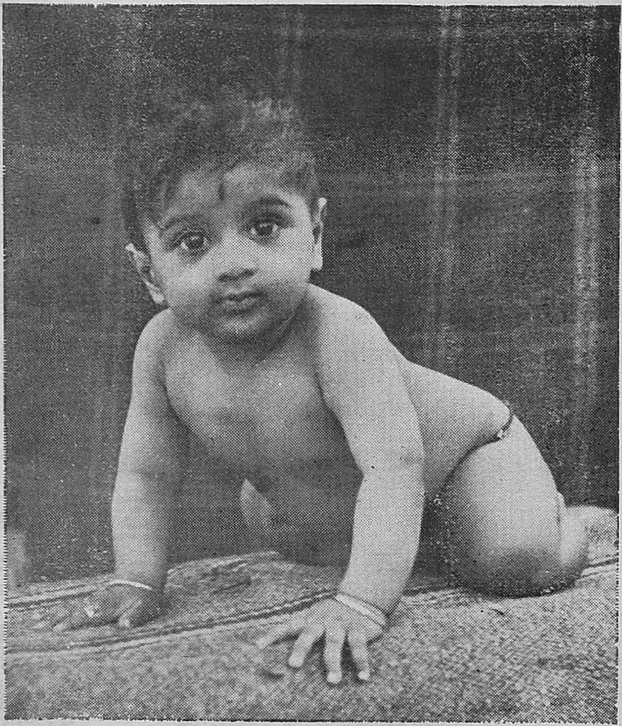
You will naturally be anxious to know the average healthy standard. Is he developing at the normal rate and in a normal manner?

A healthy infant is not only free from disease but he has a reasonable amount of reserve power to resist the attack of common ailments.

I shall now try to present before you the picture of the average healthy infant. He should cry lustily the moment he is born and sucking at the nipple should be established at the same time. In the first 24 hours after birth urine is passed once and the bowels should move within a few hours. It is important to note these for passage of urine and stool indicates that the urinary and intestinal tracts are patent. For the first 2—3 days the motions are dark, greenish brown and almost odourless. The colour then changes to golden yellow or orange and the stool is homogeneous and like the yellow of the egg but should not contain curds. As the amount of milk is reduced and a mixed diet is introduced it acquires the character of adult stool both in colour and odour and the consistency is that of semi-solid. 5—6 motions a day in early infancy is within normal limits. Urine is generally passed

8—10 times. The foreskin should not be tight. On the third or fourth day after birth there is a yellow coloration of skin and conjunctiva which passes off in a few days. The umbilical cord usually separates within the first 14 days.

Weight.—The birth weight of the average Indian baby is about 6 lbs. Male children are little heavier than the female. There is a loss of weight for 3 to 4 days after birth but this is regained by the 14th day. The initial weight doubles by six months and nearly trebles by one year. The weekly gain in weight is about 4 ounces.



A HEALTHY BABY.

Length.—The length at birth is 20 inches. At the end of a year it reaches 30 inches while at 4 years it is about 40 inches.

Head.—The circumference at birth is 13 inches and increase during the first year is 4 inches. A very small head is found in the mentally deficient while a large head may indicate rickets, collection of fluid in the brain cavity etc.

Anterior Fontanalle. — The soft pulsatile part on the vault of the skull is known as anterior fontanalle. This gap is closed by hard bone by the end of the second year at the latest.

Skin and Muscles.—The skin is elastic *i.e.* when a portion of it pinched between the fingers is released it springs back to its original position quickly. It is smooth and soft. The muscle tone is good—in other words, the muscles are not flabby.

There is a reddish glow of health in the skin, conjunctiva and tongue.

Muscular Power. — The new born infant can grasp any object placed in his hands. He raises the head off the pillow at 3 months and begins to roll over at the 5th month. By 6 months he balances the head steadily if the body is supported. He sits up at 9 months and will stand holding objects at about the first year. At 18 months he should be able to walk.

A fair amount of activity is a sign of health. The infant shows its activity by movements of the limbs and by trying to grasp any object placed before it and immediately putting it into its mouth.

Organs of Digestion and Digestive Capacity.—*Teeth.*—The first tooth is usually cut between 4—8 months. At the end of a year 8 teeth should be out and at the end of second year 20. The teeth usually come out in pairs. Teething, though physiological, is sometimes accompanied by a slight rise of temperature which lasts 2 or 3 days, mild diarrhœa and respiratory catarrh.

The capacity of the stomach at birth is one ounce. At the end of a month it increases to 3 ounces. The power for digesting starchy foods is not acquired till about 6 months and is not fully developed until one year. Fats are less easily digested in infancy.

There may be only occasional regurgitation after feed but no true vomiting. A healthy infant must have a wide limit of tolerance for food so that a slightly stronger milk mixture or a slight increase in the usual quantity is not attended with severe manifestations.

Special Senses.—The newborn infant can perceive light and close its eye-lids when the light is too bright. Between 3—6 weeks it can fix its eyes upon objects. It can follow a bright light during the first month. It starts at any sudden loud noise and can be awakened when asleep. When four months old, it turns its head towards the sound.

Speech.—By the end of first year, 'pa-pa', 'ma-ma' can be spoken. He can express his mind by a few words and gestures at 18 months. He can talk *i. e.*, string two or three words together.

Cry.—It is usual for a healthy child to cry—rather it is good for him. The cry of health is hearty and loud and not that fretful whine which indicates unhappiness and discomfort: The healthy infant cries if it is hungry, thirsty or angry. Other causes are tight garments specially round the neck, excessive heat, cold (*e.g.*, when the bed clothes are wet) bodily discomfort, lack of sleep etc.

Sleep.—During first three months the infant sleeps most part of the day (in the intervals between the feeds) and night and afterwards part of the morning and afternoon and almost the whole of the night.

State of Mind.—The infant must be reasonably contented when awake. He expresses pleasure by smile in the second month. He begins to recognise his mother or the nurse from the fourth month. He will now stop crying at the sight of the bottle but cries again if the food is brought near and withheld. By six months he generally shows an interest in toys and plays with them. Step by step the mind is thus formed. His likes and dislikes for persons and things are gradually evident.

The child should not soil his bed with urine after the second year if he has been sufficiently trained and instructions given to that effect.

"Beeda" and Tuberculosis

By
Dr. Krishnan Pana
M.B., B.S., (Fr.),
Physician & Surgeon, Bangalore.

"BEEDA" (betel and nut) after food appears to be the foremost necessity in India used to gratify the sense of taste. It has enslaved all classes of people, from the ignorant peasant to the prince upon his throne. To discuss upon a habit so widely adopted is presumptuous and our presumption will, undoubtedly, bring retorts from legions. If, however, one attempts to view correctly every aspect of our contention against this habit, we hope, we shall be generously spared from criticisms.

The use of "beeda" in India dates from time immemorial. We see in in the puranas that is was used only by sovereigns and sanatanists; the lower class people being deprived of that privilege on the ground of contempt to potentates. And Tuberculosis being one amongst the established diseases of the civilization it was prevailing less at that time.

To-day, with the rising to the high standard of life and dissipations and sense of civil rights, the habit of 'beeda' has become universal in India. Old and young, rich and poor, have fallen victims to the evil habit of chewing it; and the red sputums thrown out all round indiscriminately from the mouths of T. B. stricken individuals have not only contributed a great deal to disseminate the terrible foe to every nook and corner of the country, but also contribute to make the disease a permanent curse to the health of the Indian Nation.

Owing to this perpetual method of dissemination of the disease and the lack of nutritious food, housing and insanitary condition of the poor class people, who constitute the bulk of her population, India amongst the countries of the world, answers to-day for the biggest toll from deaths from T.B.

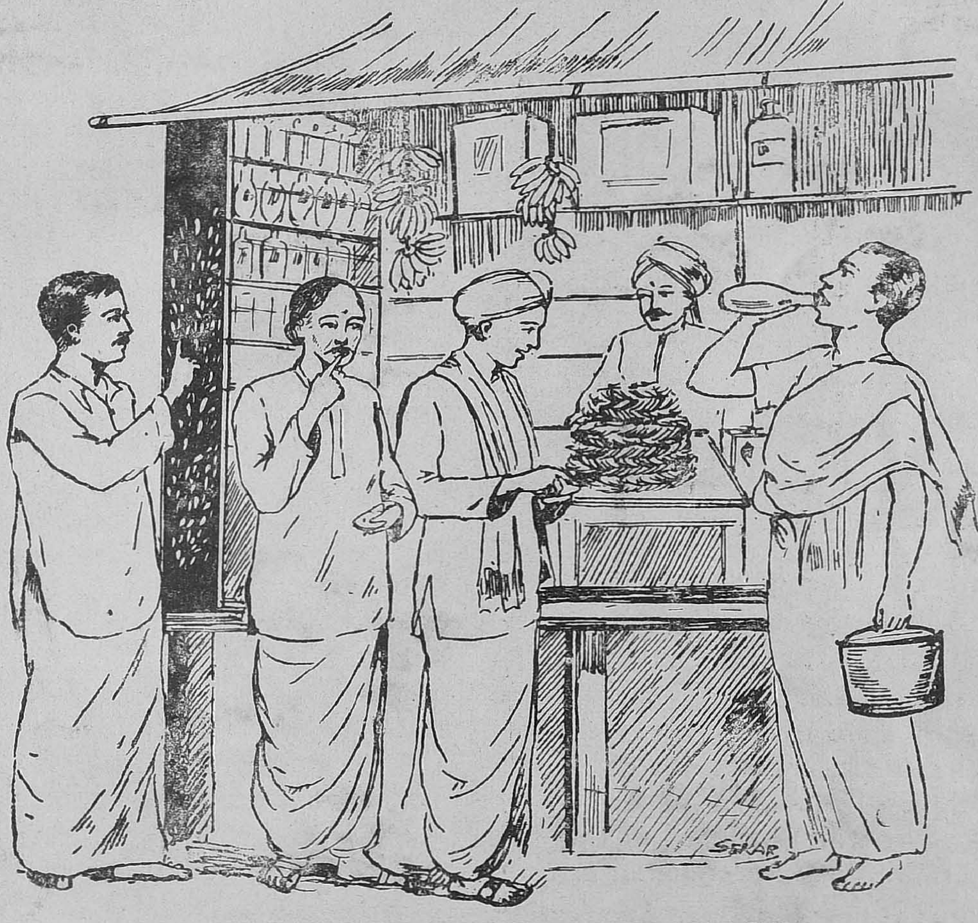
In India, one cannot walk a few yards without seeing on the ground a red sputum or the chewings of 'beeda'. This sight is unknown in the countries of the West or East. Most of these countries have adopted some of our Indian customs, while we have also adopted some of theirs, but none of them have taken the true Indian habit of 'beeda'. Why? The answer is simple; first, because of its injurious nature to the user; secondly, its danger to collective security and thirdly its dirtiness.

(1) *Its injuries to the user*:—The following may be offered as reasons why 'beeda' is objectionable on account of exerting an injurious influence upon the digestion of those who use it. Betel leaves, lime, tobacco and areca-nut are the ingredients composing beeda. These ingredients are caustic, stimulant and narcotic to a certain extent, Deaths, though rare, have been reported due to the 'beeda' sputum swallowed wrongly, causing

irritation and inflammation of the bronchial tubes tending to asphyxia; accidents like nicotine poisoning (giddiness, vomitings, purging, coma, etc.) sudden choky feeling of the œsophagian tube through irritation have also been reported.

It may be argued that 'beeda' is an antiseptic to the mouth and when scented it is highly sweet. Possibly, but it has no destructive action on T. B. Its pernicious effects are numerous. Without going into details, let us say that the redness and dryness of the mucous lining of the mouth, so common with 'beeda' masticators, is the result of the direct irritation of the caustic juice of the poisonous composition. This irritation extends as far as the mucous of the stomach, producing gastric irritability, impairing the digestive power, closely followed with dyspepsia, gastritis, foul ulcers etc. which, once settled, are hard to cure.

The immense amount of saliva caused by chewing may fairly be considered as one of the means by which the system sustains loss of energy and injury to the internal system.



AN UNHYGIENIC AND INSANITARY BETEL-LEAF SHOP.

When taken on an empty stomach, 'beeda' makes matters worse. This is what is happening to the poor class of people who, to appease

the call of stomach, for want of food, use beeda which takes the destructive role of "accessory food" like tea and coffee. Instead of preventing the disorganisation of tissues accompanying the organic activity, as alleged by some physiologists, it accelerates and weaknes, and debilitates sooner or later the whole system bringing marasmus and consumption.

(2) *It is a danger to collective security* :—The evil effect of this popular 'beeda', alcohol and tobacco has made too evident their injurious character to allow of room to doubt their deleterious influence on the human system, notwithstanding the apologies offered for their use by those who are accustomed to use them. While alcohol and tobacco are injurious to their users only 'beeda' is injurious not only to its habituals but also to the public in general by reason of its action in transmitting T. B.

A healthy individual does not spit, and so does not endanger the health of his neighbours and he or she does not dirty the place. But these conditions are utterly reversed by an individual spitter of T.B., who is familiar with 'beeda'. The sputum of 'beeda' from such individuals, owing to its quantity, spreads in the air carrying more bacilli than the ordinary sputum from the same person.

This red sputum, so dangerously left on the ground becomes a source of direct contagion to whoever neglectfully touches or inhales it. The sputum of one becomes poison to another.

Educated or uneducated, hale and healthy in appearance, but spitters of T.B., in habit of 'beeda' are continually spraying the red sputum regardless of the danger they create to others. The ignorance on the virulence of that sputum is such that we have observed a category of people, even well-to-do, spitting 'beeda' wilfully in any part of their rooms, corners preferably, creating under their roof any number of red pools where the little fingers of the children playing or crawling on the ground never miss to get a dipping. Amongst that category of people, cases of T.B. are much prevalent and we have noted several families completely wiped out by the disease, every member dying between the ages of 18 and 25. We attribute this havoc amongst youngsters to the infection contracted in babyhood by direct contact with sputum indiscriminately scattered on the ground.

When we think of this mode of contagion to children through "little fingering" and the perpetual habit of chewing 'beeda', we wonder if the creation of hundreds of Sanatoriums, Anti-Tuberculosis Dispensaries and Food Research Institutions will ever come to root out the evil of the White Plague in India.

(3) *Its dirtiness* :—Every step on the roads leads one to the ever inevitable sight of the red sputum of 'beeda'. Wherever a ceremony, a fair, a festival or party takes place, the 'beeda' sputum and remains are profusely distributed everywhere on the ground. The court yards, the markets with foodstuff, the

cinema halls and the travelling compartments of the railways are not left without the gaudy marks of the 'beeda' sputum. Even the tanks with drinking or bathing water are besprinkled with it.

Conclusion.—We make bold to say that the fight against T. B. can be curtailed not so much by treating the diseased but by opposing the dissemination of the bacillus by the germ-carriers at their will and pleasure.

Do not the 'beeda' users abhor their own red sputum whenever they come across it? We have often heard people shouting with horror whenever a child unwarned, approches or meddles with sputum. Why? Because they are aware that something thrown out from the mouth with saliva is a dirty and abhorrent thing.

Though there may be many who can find apologies for using 'beeda' as a necessity and an unavoidable article in ceremonies, civil or religious, we take it to be an article of intemperance like alcohol, tobacco, coffee or tea.

If 'beeda' is essential to be included in the offerings to our deities, by all means, let us not perform our worship without it. But its condemnation for ever from the universal habit of chewing will be a wise and charitable deed for the benefit of the collective security.

While we have condemned, wisely, indeed, an ancient custom, truly orthodox, for the benefit of the Sarada Act, while we have condemned our women's world-known modesty, for the benefit of the screen, why not we condemn the old custom of serving 'beeda' at ceremonies and other festivals for the benefit of our national health?

The chewing of 'beeda' is only a mere habit which is certainly curable by total abstinence.

In concluding, we consider that the fight, though tremendous, against the deep-rooted custom of 'beeda' should be entrusted to doctors and Temperance workers.

There are hundreds of doctors in India who are in the habit of chewing 'beeda' with the adage "Do as I tell you but don't do as I do", let them first free themselves from the clutches of the 'beeda' habit and work against it thereby practising what they preach. Their advices are bound to have a better effect than that of the Temperance strivers.

With the co-operation of these humanitarian workers and with our knowledge and common sense let us all stage a great battle against T.B., our great common foe, and become a healty nation for the greatness of our Mother India.

VEGETABLE GHEE

BY

Umang Rai S. Deşai,

Health Visitor, Sanitary Association,

AHMEDABAD.

THE subject of 'Vegetable Ghee' is being widely discussed nowadays everywhere. Very few people know about the method of its preparation and its constituents.

This 'ghee' is a mixture of different kinds of oils particularly the ground-nut oil and the coconut oil. First, various chemical processes render it colourless and odourless, then, by the addition of various substances it is made clear and tasteful. These oils are then solidified.

What we call 'Vegetable ghee' is really the oil in solid state. This ghee is prepared in countries other than India, particularly Holland. The seeds out of which oils are extracted, are exported from our country.

Col. F. F. Mackle. Director of Bacteriological Laboratory, Bombay, is of opinion that 'Vegetable ghee' does not contain vitamins nor do the substances out of which this ghee is prepared contain any vitamins. He holds that this ghee should not be sold in the market as it affects the health of the young as well as of the old.

Cap. D. R. Thomas, Chemical Analyser to the Punjab Govt., after making various experiments on cats by giving pure ghee to some cats and vegetable ghee to others and after noting the effects, has come to the conclusion, that though vegetable ghee seems to be pure, it is void of nutritive elements.

From the opinions given above, it is clear that this ghee contains no vitamins and it is an admitted fact that vitamins are necessary to the body. The root cause of the use of such ghee, is the poverty of our country. It is natural, that when we have abandoned the use of pure ghee, we have come to possess low vitality, and consequently, we are exposed to various diseases such as, Tuberculosis and Anæmia. Deficiency of vitamins leads to diseases like Scurvy and Rickets.

The vegetable ghee is not sold in its original state, but it is mixed with pure ghee and then sold in the market. Moreover, this ghee cannot be kept long in good condition in a tropical country like India.

This adulteration has become very profitable, for the mixture is sold at cheaper rates than the pure ghee. It is feared that if such practices are going on, a time will come when the use of pure ghee would heavily suffer and as a consequence the cattle-breeding, milk and ghee industries will also be neglected.

So long as the vegetable ghee is not proved to have possessed the same nutritive elements as the pure ghee, the selling of it should be forbidden and widespread propaganda should be carried on against the use of vegetable ghee by the circulation of literature and such other necessary means. The people must be convinced that apart from its being non-nutritious, its use is harmful both to the young and the old.

Nowadays, Municipalities and such other organisations are paying attention to such adulteration but so long as there is no complete attention to such adulteration and so long as there is no complete co-operation of the people, success cannot be achieved.

So it is my humble request to all who take interest in this subject, to try to discourage the use of vegetable ghee, and restore the use of natural ghee in the diet.

Vitamin - Cum - Health Schedule

By M. Arunachalam.

Vitamins.	Chiefly found in	Essential for	Deficiency of this vitamin causes
A	Green vegetables, mutton fat, milk, spinach, green cabbage, carrots, potatoes, tomatoes, bananas, pineapples, oranges, butter, egg-yolk and cod liver oil.	Growth ; helps the body to resist infections.	Rickets and infections of the lungs and throat.
B	Fruits, liver, yeast, peas, onions, dried prunes, green vegetables and egg-yolk.	Good appetite and normal muscle tone in the digestive tract.	Muscular paralysis or disease known as beriberi and intestinal disorders.
C	Lemons, oranges, cooked fruits, potatoes rhubarb and green vegetables if cooked without soda and not longer than 20 minutes.	Children and adults. Keeps the blood healthy. Prevents scurvy.	Skin Diseases.
D	Codliver oil and sunshine. Ultra-violet rays also produce vitamin D.	Helping the body to assimilate and use the substance called calcium which is in our food and is a great bone builder.	Rickets, a bone disease from which children often suffer.
E	Oil seeds, vegetable oils, such as gingely oil, cocogem and in plantains.	Helping the body to assimilate iron from its food.	Pallor and anæmia which proves that their blood is thin and lacking in iron.
F	(Readily broken down by cooking.)	Preventing beriberi.	
G	Whole milk, butter milk, cheese, eggs, meat liver, green leaves, mustard, turnip, spinach and bananas.	Well being at all ages and specially preventing the appearance of premature old age.	Loss of weight, sore mouth, digestive disturbances and inflammation of the skin. Pellagra is caused by the absence of this vitamin resulting in reduced vitality and soreness of the eyes.

The discovery of the Vitamin Theory is attributed to Lt. Col. Gottemall of the Imperial Medical Service.

SOYA-BEANS

By

Dr. R. R. Sukla,

Medical Officer,

Kekri, Rajputana.

(Continued from page 110 of May '39 Issue)

Bacterial Inoculation.—Like other leguminous crops, we find in the roots of Soyabeans, specific Bacteria which derive their nitrogen supply from the atmosphere and store it up in soil. Generally these bacteria are absent in soil as a result of which we obtain a rather poor yield of Soyabean. The plants do not branch profusely and the leaves turn yellow or greenish yellow. In certain very fertile soils a good crop of soyabean can be raised even in the absence of the specific bacteria, as in such cases the plants derive the whole of their nitrogen supply from the soil.

In soils where a crop of soyabean has been successfully raised, these bacteria multiply in large numbers. The soil from such fields can be used for inoculation of the seed. For this purpose about a quarter-ful Kerosine oil tin of soil from such fields is required for one tin-ful of seed. The seed should be dipped in water in which a little quantity of *Gur* or *Rab* has been dissolved. This seed is then mixed up in dry and fine soil for inoculation and dried in shade. It should be sown soon after this treatment.

If such a soil is not available the seed should be dipped in solutions of cultures of these bacteria prepared in Bacteriological Laboratories.

Sowing.—As mentioned above it can be sown both as a Kharif and a Rabi crop. Like maize it may be sown early or late in Kharif, but it is generally advisable to sow it early as it would then have ample period for good growth. There are some early and some late varieties. For obtaining pods and seeds, it should be sown early; for green or dry fodder or for green manure it may be sown late. Early sowing should be done in May or 1st half of June and late sowing in the second-half of June and July. In certain localities the sowing time may be altered a little bit between April to early August.

The seed rate is 25 lbs. per acre for grain varieties. For fodder a heavier seed rate would be necessary. It is sown in lines one and a half feet apart and 6 to 9 inches from plant to plant. The depth should not be more than 2 inches. If grown for fodder or green manure it is not necessary to sow in lines.

Weeding and Interculture.—If a crust forms on the soil after sowing, it should be broken by means of a 5 tooth-cultivator or similar other implement to facilitate the seedlings in coming up. If there is enough moisture it germinates in a couple of days. When the plants are 2 to 3 inches high they should be intercultured with plough or a 5 tooth-cultivator. This should be rather deep, the later inter-cultures may not be so deep. It requires as many

inter-cultures as maize. Fodder variety need not be inter-cultured.

Irrigations.—The Kharif crop may be grown without any irrigations if rains are sufficient and well distributed, otherwise it may have to be irrigated. Rabi crop may require one or two irrigations.

Harvesting.—The period of growth ranges from 80 to 100 days according to the variety. The yellow Manchurian variety matures in 90 days. At the ripening stage the leaves become yellow and many of them drop off. The pods begin to open. At this stage it is cut by a sickle and after drying,beaten by means of sticks or 'Mogris' and cleaned in the usual way. It should be noted that all of the pods do not mature at one and the same time so they should be picked up as they ripen.

Production and Cost.—The Soyabean growing districts of Manchuria are estimated to produce on an average 1600 lbs. per acre with 16 lbs. of seeds. The present market value is about £ 12 per ton. It is estimated by Japanese experts that the farmers earn a net profit of Rs. 30 per acre, excluding all costs and Government dues. Generally speaking, yellow beans are the richest in protein and fat especially in the latter; then come green beans with black beans last. Farmers in any part of the world who take up the cultivation of Soyabeans should therefore grow the yellow beans in preference to others.

Composition.— Protein 43.22 %; Fat 19.5 %; Carbohydrates 20.85 %; Fibre 3.72%; Moisture 8.08 %; Mineral matter 4.63 %; Calcium 0.237 %; Phosphorus 0.689 %; Iron Milligram per cent 11.5 %; Calories per 100 gm. 431.8.

Vitamins Units per 100 gms.: A 710; B_1 300; B_2 ++; C —.

Commercial Utility.—Soyabean is useful in all its stages of preparation, production and consumption. As a human food it is used in the preparation of bean sauce, curd, cheese, vegetable, pulse, flour, soup, oil, etc. It also serves as a lubricant bean oil for greasing native machinery. Bean refuse and bean cake are used as a fertiliser and also as a nutritious food for cattle. It is also advantageously put to the use of illumination as a substitute for kerosine, to making a water-proof cloth, paper, umbrellas, laterns, varnish, printing ink etc.

Preparations.—Soyabean preparations, whether sweet or savoury, are delicious, nourishing, cheap and easy.

1. *Soya Dal*:—Soya Dal got by removing the husk of soyabean is an excellent substitute for black gram in the preparation of tasty rice cakes, puddings, and savouries. Soyabean pulse should not be used entire because it is very hard to cook. Presoaking for 2 days would ensure proper cooking.

2. *Soyabean flour*:—Soyabeans are in daily use at the Byramjee Jeejeebhoy Home, Matunga, Bombay, for nearly 2 years. It was found difficult to sprout them by ordinary methods for daily use. It was, therefore, decided to make it into flour. Soyabeans are dried in the sun for 2 days. It becomes now easy to make its pulse. All the small particles of the pulse should be included in the pulse and only the thin husk should be thrown

away. This pulse should be mixed with rice or meat or Bajri in the proportion of one part of soya pulse to 4 or 6 parts of other grain for the preparation of *Rotis* or *Puris* in the usual way. The mixed flour is utilised in one week as otherwise it may begin to go bad.

If the shelled Soyabeans are mixed with pulses in the same proportion *Bhajias* or *Shev* can be prepared of the mixed flour. Soyabean flour should not be used by itself as it is slightly bitter or acrid in taste.

3. *Curry, Soup or Stew* :—Soyabeans soaked well the previous night elongates and can be used as vegetable curry, soup or stew with advantage, and Soyabean Dal when used in small quantities after soaking well in other Dal preparations enriches their taste and increases their value.

4. *Soya Milk* :—Soya milk is safe milk. Soak well the bean, grind into a paste, dissolve in water, boil, and strain the liquid. This is Soya Milk, as good as cow's milk, but cleaner, cheaper, and safer. The milk makes good curds too.

5. *Soya Coffee* :—Soya coffee is a nourishing beverage. Roast and grind soyabean and use it instead of coffee powder exactly in the same way. It is refreshing without stimulating for there is protein instead of caffein.

Action of Soyabean.—Soyabean is a nerve tonic. It is anti-diabetic and anti-rheumatic.

Dose.—Use soyabean any way for health but not over *two ounces* a day per head. Robust health is yours for less than one pice per day.

Therapeutics.—It is excellent for brain, heart, teeth, and bones as it contains Lecithin, Phosphorus, Iron, and Calcium. Being rich in Potash, Lime and Vitamins, it encourages growth and maintains the body tissues in a state of health. It removes baldness. It is very useful for diabetic patients on account of its low starchy content.

Digestive System. — It improves teeth, because being hard it improves mastication and ensures the flow of saliva and gastric juice. As it contains cellulose and being bulky it helps to regulate the bowels and thus removes constipation.

Metabolism.—Being free from purin bodies it is useful in Rheumatism. It improves the growth in children.

Vitamins.—Being rich in Vitamins A & B it stimulates the functions of many organs.

Generative System.—Being rich in iron it helps ovaries and their secretion.

Conclusion. — Taking everything into consideration, there should be a vigorous campaign to introduce this valuable plant, to procure its seeds, and distribute and popularise them all over India. It necessitates no further and additional labour than ordinary peas or beans, but would mean an addition to the wealth of the nation by millions and a cheap and reliable nutrient to the health and the well being of the myriads of the toilers of the land.

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1. *Indian Medical Gazette, April 1929, page 199.*
2. *Mufidul Mazarin (Department of Agriculture United Provinces)* (a) *May 1936 and* (b) *September 1936.*
3. *Bombay Presidency Baby and Health Week Association, Pamphlets Nos. 6 and 7,*
4. *'Health Bulletin' No. 23, "The Nutritive Value of Indian Foods and the Planning of Satisfactory Diets".*

Soyabean is available from :—

1. Messrs Nutritone, 60, George Town, Madras (price at 7 lbs. per rupee).
2. Dada Bhoy Naiyak Malguzar Harda (6 seers per rupee.)
3. Mr. A. C. Godrej of Nadirsha, Printer & Co., Parel, Bombay.

Flower

and

Health

By

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'FLOWER CAUSES A FEELING OF JOY'.

OF the manifold creations of the Almighty, flower is the one with which the ideal of good health is deeply and closely associated. The blossom of a flower has in it, all the essential qualities of healthy creation. The external beauty, decorum and fragrance of the flower at once impart to the mind the characteristic features of happiness. Flower and health thus stand to be dealt with together as essentially two inseparable ideas and this consideration has influenced me in choosing my subject for this article. The similarity is not mainly formal or external but is deep-rooted, internal and psychological as well. Volumes can be written on the subject but my discussion has been mainly limited to the space at my disposal in this journal.

Flower causes a feeling of joy, which is an agreeable emotion. Every pleasurable sensation is invigorating and is, therefore, good for health. The body and the mind of human being are intimately connected with each other. The pleasurable condition of the mind leads to the healthy function of the body and vice versa. The flower stimulates three sense-organs,—smell, touch and sight. Sweet pleasurable smell brings cheerfulness of mind and thereby it leads to happiness which stimulates all the function of the body and thereby it promotes health. The sensation of touch tends to produce a complex emotion and if it be pleasurable it creates a soothing influence both upon body and mind and all pleasurable sensation promotes the functions of the bodily organs

which is the criterion of good health. Sight acts in a similar way. When there are a few flowers in a room, they create the atmosphere of the whole room very pleasing. Flowers have been loved by all, in all ages and in all times. In India the chief use of flowers was and is for offering them to the deities and to sacred places. No worship is done without flower and every sort of offering is done with flowers as if the flowers have been created by the Almighty to be dedicated only to Gods and Goddesses. Other uses of flowers in India are not important but now-a-days, with the imitation of the Western civilisation, flowers are used for other purposes. They are used to decorate the tables of the room, bed room, dining room or sick room. What is the indication of putting flowers in the sick room ? These divert the mind to cheerfulness and are supposed to allay suffering. They make the surroundings pleasant, and are expected to make the painful emotion somewhat tolerable.

There is great influence of nature upon the human system. The system requires great regularity and cheerfulness of mind is essential for the prolongation of life. There is a limit both for manual labour and mental strain, beyond which the system suffers. The anxiety and worry cause great strain upon the mind and injure the health of the system. Food is necessary as fuel to run the working of the corporal system ; cheerfulness is similarly necessary as emotion to run the order of the mental state. The evil effect of mental strain is cumulative and like all other cumulative poisons, the bad effect increases by successive addition and the harmony of the human system suffers, and there is a break down of health. Smile is the expression of the countenance for any sort of joyfulness and while a smile exhilarates the mind only, a hearty laugh causes all the organs of the whole system to be enlivened. The eyes sparkle, the muscular system vibrates to tune, the respiratory system takes more oxygen, the digestive system works well, there is better absorption of food, the metabolism is increased, the genito-urinary system shares the swing and the effect is most marked on the nervous system. Let me quote a passage from Doe sunshine in Laughing Gas. It runs as follows:—"for what ails you ; laugh six times each day, if unable to laugh out loud, try using twelve assorted smiles."

Flower is the reproductive shoot of a plant, and is highly specialised. The essential parts of a flower are the Stamen and the Pistil. The outer series of the Parianth consists of the calyx and the corolla. The beauty of the flower is due to the petals of the second whorl. This is the attractive structure of the flower and appears to be created to attract the insects which would help in the matter of fertilisation. The deliciousness of a flower is due to the sweet scent and this again is due to an essential oil contained in the petals. The flower is attractive to the insects and is due to its nectaries and pollen grains, while it is attractive to the buman beings by reason of its beautiful petals and sweet scent. The attractiveness draws persons to get possession of flower which again creates a pleasant sensation to the mind, which envigorates the functions of the body and thereby causes uplift of general health. All the essential oils are

antiseptic in one sense or the other and the sweet fragrance of flowers also plays some part in this direction. It exercises another function, it covers the underlying hideousness of many things, *viz.* dead bodies, graves etc. and thereby prevents the melancholy of human beings, which depresses the mind of human beings and thus it acts as a preventive against the gloominess of mind which is a great cause of unhealthiness, of the system of a person. Flower teaches us cleanliness, it inspires in the mind with some holiness and it reminds us of our Creator. It teaches us love, one of the highest function of mind and naturally flowers are liked by all.

Now to discuss something about the medicinal properties of some flowers, I think, would not be out of place. The Indian hemp is the dried flowering tops of the plant and its action on the nervous system is well known to all. Like alcohol when taken, it is intoxicant, exhilarant and aphrodiasic. The flowers of the Lily of the valley, when taken, act on the heart and is useful to prevent cardiac failure. The Arnica flowers when applied to the skin, relieve the pain of bruises and sprains. The flowers of cloves are used as carminative and as condiment. The flowers of rose when the petals have not yet expanded are used for certain preparations of the Pharmacopia and the infusion is used as gargle for relaxed sore throat. Santonin, the reputed drug for round worms is obtained from the dried inexpanded flower heads of the plant. The dried flowers of Kousso found in Abyssinia are used as a valuable drug for all the three varieties of tape worm. The flowers of red poppy are used for cough of children. These are the few examples of flowers used for remedial purposes against diseases.

Next we may discuss about some flowers which are used as food by human beings. Some flowers are eaten by men after they are cooked and they are treated as vegetables. These are the flowers of gourd (the name used by local men is kumra), of Horse-reddish (local name Sajina). The Safflowers (Kusum) are used as substitutes of safforn (Jafran). The Bak flowers (Sesbaria Grandi Flora) are also used by persons. The most important of these flowers is the cauliflower (Fulkapi). The flowers of plantain (Mocha) are used throughout the country. Now we should consider the modified parts of a flower which are used as food. The figs (Ficus Hispida) are nothing but the receptacles of the flowers of the tree and these are mostly used as a vegetable food. Of the Chalta (Dillemia Indica) and the Tepari (Physalis) the edible part is the calyx or the outer leaves of the flowers. We eat jack fruits, the parts we eat are the mature perianth or the floral envelopes of the female flowers. The most interesting examples of the modified forms are apple and pine apple. Both are flase fruits. The fleshy parts of an apple are derived from the thalamus (the floral axis or the receptacles of the flowers). In pine apple the succulent edible portion is the modified floral envelopes of the plant.

Exercise is beneficial to health and it improves the digestion and metabolism. Gardening is a sort of exercise

and it also absorbs the mind. The culture of flowers requires gardening and therefore exercise, and this again leads to good health. It is also a sort of recreation and when a good flower is grown, it produces double bliss; cheerfulness of mind is imparted to the person who has grown it and to the persons who visit the flower in its beatiful blooming stage. Some gentlemen are found busy with the flower gardens every morning and evening; planting, watering and hewing the planticles. When a flower blossoms he becomes proud-hearted and the cheerfulness is like that of obtaining a success.

Thus the flower, the emblem of beauty and purity, improves the mental as well as the physical health. Whatever purpose it may serve the plant life, it has got an influence over the mankind and it is not only an article of decoration, attraction and of worship but it has got also a great power of welfare for the human race.

With the ideal of the flower's health before us, if we attempt to make ourselves healthy and achieve success in one attempt, then we will not only be happy ourselves but like the flower we shall be able to create an atmosphere of health and cheerfulness which will make healthy, happy and cheerful every other human being coming in touch with us.

GONORRHOEA

BY DR. B. M. KOTHARY, M.B., B.S.,

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GONORRHOEA is as old as humanity itself, its origin is lost in antiquity. But it is a dreadful disease. Just imagine that a quarter of the blindness in the world resulted from gonorrhœal infection, 30% of all sterility and 65% of all invalidism in women. The appalling blindness and the consequent parasitism on the state and society made the administrators and moralists sit up and legislate the institution of the famous Crede's prophylactic treatment under compulsion of law. But the disease itself is regarded as a just affliction from God for the sins of man and, therefore, the suffering must be borne for the sake of expiation. This is the trend of moral thought in the eradication of this scourge. The economics of venereal infection does not seem to worry them.

False conception of morals corrupts the world. Conventional morality sees in the venereal disease a punishment only, but fails to grasp the subtle implications—financial, psychological and racial loss of humanity. How true it is that there is no sense in founding morals on disease. All disease, in a sense, is immoral; but no one disease is more so than another. The morality of body is health.

Among adults, the disease is transmitted by sexual contact, while in the new-born children the eyes acquire the disease when the body is being passed through the infected vagina

during birth. It is very painful in the acute stage. The causal organism—gonococcus, establishes itself on the mucous membranes of the genital tract or the conjunctiva and sets up acute inflammation causing pus formation. The raw and inflamed surfaces give rise to intense pain. The infection occasionally spreads to testes, epididymis, seminal vesicles, prostate, bladder, kidneys, joints and heart. In women, vagina and cervix are the first sites of infection which extends to Uterus, fallopian tubes and occasionally to peritoneum—then jeopardizing the life of the individual. Complications are more serious than the disease itself. Arthritis and orchitis which are fairly common sequlae incapacitate the patient from his normal activities.

The treatment must always be left to specialists. Quacks will do more harm than good by precipitating complications through indiscreet use of instillations of irritants. Since the disease takes a long time to be completely cured, patience, perseverance and co-operatien on the part of the patient must be assured.

Use of patent medicines without the advice of a physician is taboo. Restriction in diet to exclude chillies, condiments, liquors and intoxicants must be enforced upon. Children must not be allowed to share bed with the inflicted parents. And the most important commandment is the exercise of meticulous care in cleaning your hands after handling the genital parts lest the infection should be carried to eyes causing severe damage. Separate tubs and towels must be utilized by the patient.

Much could be done to eradicate this plague through cooperation of the State and the public. Education of the young on sex morals, dangers of promiscuity, and prophylactic methods must go hand in hand. Those who are already infected must be sympathised instead of being put to shame through a false sort of stigma attached to venereal disease. Free, adequate and (if necessary) compulsory treatment must be provided at venereal clinics. State legislation should be sought to teach and improve prostitutes by medical education of internal cleanliness and regular inspection and stop clandestine trafficking. Then only a problem which nags at the very root of social security and integrity will have been successfully death with.

Nicotine Poisoning in an Infant. I. Greiner, Orvosi hetil. 80 : 59 (Jan. 18) 1936.

A 3 week old breast-fed infant suddenly began to vomit and kept vomiting intermittently. He drew up his legs; his pupils grew very small; his tongue became red. Poisoning was suspected, but because neither the mother nor the child had received any drugs, Greiner thought of the possibility of nicotine poisoning, as the mother smoked from thirty to forty cigarets daily. The mother was stopped from smoking, and the child continued to be fed her milk. In a few days he was well. Nicotine may apppear in a mother's milk if she smokes more than fifteen cigarets daily and may cause toxic symptoms. A nursing mother should be prohibited from smoking or should be limited to six cigarets daily.—*Gottche, Budapest, Hungary.*

THE HINDU WAY OF EXAMINING A PATIENT

(YOGARATNAKARA).

FROM the following it can be seen how scientific and methodical was the Hindu system of medical examination. One should examine the patient in 8 places. They are: the *nadi* (or pulse), urine, faeces, tongue sound (or utterance), touch, sight and form (or shape). Just as the string of the flute gives out all notes, so too the pulse shows all the diseases. The physician should first decide the disease and then begin the treatment. As some of these items are long, I shall first mention those that are brief—the order is as above. Modern Science only proves the worth of such and is in full accordance with our ancient system.

The examination of sound. — Heavy sound shows phlegm. The sound may be long in uttering or uttered after gasping at long intervals, or it may mean that the amplitude is great. Uneven sound shows *pitha* or bile. Devoid of both *i.e.*, neither heavy nor *sphuta*, it shows *vatha* or gas, or wind. From the sound alone one can hit the disease as *vatha*, *pitha or kapha*. The patient's words have hence to be heard carefully.

Examination of touch.—*Pitha* patient or one suffering from too much of *pitha* or bile is warm to the touch, *Vatha* patient is cool to the touch; phlegmatic one is *ardra* (or wet); from touch one can see this.

Examination of tongue.—The tongue is cool, and cracked when wind is in excess; when *pitha* is excessive, it is dark red; when *kapha* or phlegm predominates, it is white and too slimy. When *sannipatha* (Sannipatha is a combined derangement of the three humours of the body causing fever which is of a dangerous kind.) fever accompanied by delirium, is present; the tongue is black, with the papillae raised too much (*i. e.* to appear as thorny or having many ups and downs on it) and dry. When these are mixed, the tongue shows all and also when these are absent.

Examination of mouth.—In wind, the mouth is sweet; in *pitha*, it is bitter; in *kapha* it is sweet and sour or sweetly sour; in indigestion, it is full of oil or smells so; in impaired digestion (*agnimandya* is dyspepsia or the power of digestion is low and the vitality is so) it is brown. Of course, a person in health has all the three in proper proportion. It is the disturbance of this proportion that causes disease according to the Hindu system.

Topics from Medical and Health Periodicals

Summer Diet

LESS food is needed in summer on account of the higher temperature of the air and the lessened bodily activity which naturally results from the depressing effects of heat. Lighter meals and avoidance of much fat and protein during the warm months greatly lessen the susceptibility to illness and increase working ability.

The abundant use of fresh fruits in summer season, and the increased activity of the skin leading to greater intake of water, are highly beneficial, tending to cleanse the blood and tissues and clear the body of wastes.—"*Good Health*"

Curing Deaf People by Radio

EVERY day a large number of deaf or partially deaf people visit the Leningrad-Institute for diseases of the ear, nose and throat. The treatment consists of sound doses of low and very high frequency and intensity broadcast from the Institute Radio station. The strength of the sound is regulated by the oto-laryngologists. People with normal hearing capacity could not endure the high frequency noises in the microphones. The sounds "chip" the bones and penetrate into the lining membrane, pushing aside opposing molecules and freeing the passages. The deaf gradually hear the sound and after some months they can be heard quite clearly. Eighty per cent. of the patients have recovered from noises in the ear while hundreds of partially deaf can now hear well.—*Medical World.*

Prevention of Diseases

"IF the thousands of little children, women and men within our boundaries now mercifully ignorant of certain, yet wholly preventable, death awaiting them during the coming twelve months, be made cognizant of the terrible truth the State would be thrown into indescribable panic. Possibly smug, complacent citizens, who never once gave a thought to 'am I my brother's keeper?' would be so jarred from their indifference to matters of life and death, in which each individual plays a part, that concerted action for prevention would be quickly forthcoming."—Oklahoma Public Health News.–*National Health Review.*

Open-air School

DR. G. C. WILLIAMS (M.O.H., Oxford), includes in his annual report a tribute by Dr. A. L. Ormerod to the results achieved at the Wytham open-air school. Dr. Ormerod writes: "It is extremely difficult, nay, it is well-nigh impossible in a report to give the reader a true impression of the improvement which months or possibly years at the school effect in the majority of the children, and even casual visitors only too often go away with the idea that there is nothing whatever the matter with most of the children and that many are a very poor advertisement of the system. But those of us who know all about the past history and have watched the child from its admission until its discharge can tell

a very different story and the fact that parents are ready to go on contributing to the cost of maintenance of their child, often at a considerable sacrifice, ask that other members of the family should be admitted and advise their friends to do the same, is a pretty good proof that they, at least, have no doubts about the value of the work."

Seven Mistakes in Life

1. The delusion that individual advancement is made by crushing others down.
2. The tendency to worry about things that cannot be changed or corrected.
3. Insisting that a thing is impossible because we our-selves cannot accomplish it.
4. Attempting to compel other persons to believe and live as we do.
5. Neglecting development and refinement of the mind by not acquiring the habit of reading fine literature.
6. Refusing to set aside trivial preference in order that important things may be accomplished.
7. The failure to establish the habit of saving money.

—*The Indian Printer and Stationer*.

Diet in Pregnancy

According to Sir Robert McCarrison all the essential foodstuffs required in pregnancy are provided by the following: (1) Milk and its products. (2) Whole or lightly milled cereal grains; in particular, a good wholemeal bread or standard bread, and oatmeal. (3) Green and leafy vegetables. (4) Root vegetables, particularly potatoes, carrots and onions. (5) Fruit, including the tomato. (6) Pulses. (7) Egg. (8) Meat, including fish; fowl and glandular organs. To these there must be added in this country cod liver oil, not in the large doses commonly prescribed but in the sufficient dose of a teaspoonful daily. To aid functional efficiency of blood, muscle and nerve, yeast extract is suggested.—*Medical World*.

Tobacco Smoke Causes Constriction of the Blood Vessels

Doctors E. B. Hines, Jr., and Grace M. Roth of the Mayo Clinic before a staff meeting, August. 1938, stated that cigarets raise the blood pressure in both normal persons and in patients suffering from high blood pressure. Their observations were based on a study of 86 persons.

The effect of tobacco smoking on blood pressure is not due entirely to the action of a stimulus on specially sensitive blood vessel systems. Part of the effect, at least, is a result of some element in tobacco smoke which causes constriction of the blood vessels. This element in the tobacco smoke was not identified in the report made by the two scientists at a recent staff meeting.

The rise in blood pressure following smoking was greater in high blood pressure patients than in normal persons except in the case of high blood pressure patients who had never smoked before. This latter difference is attributed to the fact that inexperienced smokers do not inhale as much smoke as regular smokers.

The test was made by having each person, after a 30-minute rest, smoke two cigarets of a standard brand. Blood pressure and pulse rate were

watched during the smoking and for a few minutes afterwards. As a control, each person went through the same procedure except that he puffed at an unlighted cigaret.

The results were also compared with results of the cold pressor test, in which one hand is immersed over the wrist in a bucket of ice water. The excessive rises in blood pressure from smoking, the scientists found, occurred only in the patients who had, according to the cold pressor tests, hyperreactive blood vessel systems.

Preventable Home Accidents

A GOVERNMENT bulletin entitled, *How to Stop Home Accidents*, recently pointed out the fact that accidents happening in the home are only second in frequency to those of the automobile.

The bulletin contains much useful information from which we abstract the following :

The bedroom yields about four out of ten fatal falls in the home. People in the dark, perhaps still half asleep, run risks from loose rugs on polished floors and rumpled rugs, misplaced furniture, carelessly dropped shoes and clothing, toys and slippery floors without rugs. It is well to have a light which can be turned on from the bed in case one must get up in the dark.

There are three sources of fatal burns in bedrooms, overturned oil lamps, defective wiring and smoking in bed. Danger should be avoided from broken glass, sharp-edged toys, pins or needles, razor blades and scissors on the floor. Falls on tile floors in the bathroom can be avoided by having mats; a rubber bath mat in the tub is a precaution against falls there. Where electrical work has not been properly done, touching the light chain or switch while standing on a wet surface or touching plumbing fixture, is almost sure to result fatally.

Many people have lost their lives by getting the wrong bottle from the medicine cabinet in the dark. Stout rubber bands should be put around bottles containing poison to prevent this mistake.

Matches should be kept out of the reach of children and pets. Dirty flues make insufficient draft, hence lead to incomplete combustion. This may mean carbon monoxide poisoning, which is nearly always fatal. Various contingencies can permit gas to escape from a gas stove,with the consequent danger of asphyxiation. As a source of burns the gas stove has few equals. It may send out a sudden burst of flame that can set fire to clothing or to anything else combustible within range.

Electric stoves should not be installed by amateur electricians. Burnt-out heating units should never be handled with the current on. Do not place things on the stove when it is not in use. The current may be on when you think it isn't. An electric wringer is a menace to fingers and even arms. The electric egg beater is another finger trap. If you are holding the metal part of it and touch the plumbing, there is danger of burns, shocks or even electrocution. Oily rags or rubbish in poorly ventilated places may ignite spontaneously.

Careful inspection of every part of the home is necessary to lessen the risk accident. —*S.* — *Good Health (U. S. A.)*

Health Tit-Bits

DISTURBING dreams can raise the sleeper's blood pressure.

* * *

AFTER all, birth control is merely evading the issue.—*Carnegie Tech. Puppet.*

* * *

REVISED: The proof of the pudding is in the vitamins therein.—*Ibid.*

* * *

A skeleton is a man with his inside out and his outside off.

* * *

"WHEN you see specks before your eyes, it's time to consult an oculist," says a writer. You may need specs.

* * *

WHAT kind of driver is never arrested for speeding?—A screw-driver.

* * *

"JIMMY, I wish you'd learn better table manners, you're a regular little pig at the table."

Deep silence on Jimmy's part. So father, in order to impress him more, added, "I say, Jim, do you know what a pig is?"

"Yes, Dad," replied Jimmy meekly, "it's a hog's little boy."—*Sunday Standard, Melbourne.*

* * *

IT is believed that ancient and medieval people did not have whooping cough among their diseases; no description of it prior to 1578 is known.

CHILDREN who get a good deal of sunshine have less dental decay than children who live where there is meager sunlight, judging by a study of 94,000 boys.

* * *

LITTLE BOY—Can you give me anything to re-relieve pain?

Doctor—Where is the pain?

Little Boy—It hasn't come yet, but daddy is just reading my school report.—*Canadian Doctor.*

* * *

CUSTOMER—So you've got rid of that pretty assistant you had?

Druggist—Yes; all my male customers kept saying that a smile from her was as good as a tonic.—*Canadian Doctor.*

* * *

THE man who gives himself entirely to the service of his appetites, makes them grow and multiply so well that they become stronger than he; once their slave, he loses his moral sense, loses his energy, and becomes incapable of discerning and practicing the good.—*Chas Wagner. Good Health.*

* * *

A DOCTOR in Yale University (U.S.A.) has completed some very interesting experiments to find out the effect of alcohol on the ability to type. Two hours after drinking a small amount of whisky the typists' speed decreased by two per cent. and mistakes increased by 39 per cent. When the amount of alcohol was doubled the the decrease in speed was four per cent. and the increase in mistakes 72 per cent.—*The Treasure Chest.*